



Clarity Counseling P.C.

Simple, Clear Solutions
For Difficult Times

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From: Donna Sue Spear, President
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To Whom It May Concern:

Clarity Counseling P.C. is pleased to announce our expansion to San Juan County, New Mexico. The clinicians in our group practice have developed a specialized set of skills and services we are pleased to share with your community. Our purpose for this letter is to notify other professionals in the Farmington area about our specific services, so that you can identify appropriate individuals for referral.

Both Cristal and I have experience in general treatment of a variety of behavioral disorders, since we have both worked in school, correctional, and community mental health settings. However, there are some specific under-served populations we are especially motivated to reach with this initial effort:

1. Individuals with co-occurring **substance use and mood disorders**; we are especially interested in working with the entire family, including children.
2. Individuals struggling with **current or historical trauma**, and who may use alcohol or drugs to cope with the trauma's effect in their lives.

Our staff has historically worked closely with both family physicians and other medical specialists to coordinate cognitive/behavioral interventions with pharmacotherapy for better treatment results. We use a variety of psychotherapeutic techniques, and emphasize empirically supported methods.

Please see our enclosed brochure & our website for more details.

Sincerely,

Donna Sue Spear, M.A., L.P.C., L.D.A.C.
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